



# Working with Women's Groups for Problem Gambling: Treating gambling addiction through relationship

*Liz Karter*

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Why do so many women with gambling addiction relapse?

Lifelong recovery requires much more than to just stop gambling. Women's groups provide long-term benefits and support and have proven to be highly successful in promoting recovery from gambling addiction. By following the story of a real women's group for problem gambling over the course of a year, Liz Karter explains how, for women, both the cause of and the cure for gambling addiction lies in relationship.

Karter shows clearly how learning to face and cope with real life situations and relationships is essential to maintain recovery. She shares the themes which run through each women's group, such as fear of trusting others, and the guilt, shame and risk associated with being truly seen and heard. *Women's Groups for Problem Gambling* shows that with a combination of specialist intervention, women's group support, courage and compassion, women can learn to stop running from their addiction and instead find joy and support in building relationships and communities.

This highly accessible book provides a unique opportunity to gain a very personal insight into the group process, both for therapists and clinicians and for women wishing to better understand their addiction.

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